

Flower Show

page 5

FEBRUARY 2017

VOLUME 33, NO. 2

www.friendshipheightsmd.gov

301-656-2797

Take a historic journey at the newest Smithsonian

Join us on **Thursday, April 6,** when we visit the National Museum of African American History and Culture, which was built on the last available plot on the National Mall and opened to the public in September. The museum was established by an Act of Congress in 2003, following decades of efforts to promote and highlight the contributions of African Americans.

To date, the museum has collected more than 36,000 artifacts, and almost 100,000 individuals have become charter members. The NMAAHC is the only national museum devoted exclusively to the documentation of African American life, history, and culture. The bronze and glasspanel façade, known as the Corona, is a representation of traditional

African architecture using modern materials. The museum tells its story chronologically beginning on the lowest level with the trans-Atlantic slave trade. Upper galleries



reflect recent history, documenting the presidency of Barack Obama, celebrating the many achievements of African American artists and athletes, while also reflecting events such as Black Lives Matter protests.

Enjoy lunch (on your own) in

the Sweet Home Café where you can choose dishes such as Brunswick stew, shrimp and grits and Hoppin' John, from stations that represent different regions of the country: the South, the Creole Coast, the North, and the western range. Tours are self-guided. Please be aware that the visit will involve a lot of walking and standing—there are four levels above ground and three below! Be prepared to go through security and have your purse searched. Cameras are allowed; food and drinks are not. We will leave the Village Center at 10 a.m. and return by 4 p.m. The cost for transportation and driver gratuity is \$25. Residents and one resident guest may sign up immediately; nonresidents may sign up Feb. 21. There are 43 spaces available.

Multi-talented PEAR presents music from Adele to the Great American Songbook

Join us for a special evening concert on **Friday**, **Feb. 3**, **from 7 to 8 p.m.** Husband-and-wife team Curtis Brengle and Julie Ragins are the members of PEAR, a powerful, eclectic duo that performs your favorite songs with a twist. American multi-instrumentalist and vocalist originally from Fairbanks, Alaska, and now based in Los Angeles, Ragins is probably best known for her work touring with The Moody Blues since 2006.

Curtis Brengle has played and/ or recorded with artists including Ray Charles, Sheena Easton, Rick Braun, Englebert Humperdinck and more. The show is a great mash- up, stylistically diverse and multigenerational. Enjoy music from Adele to the Doobie Brothers, Stevie Wonder to the Great American Songbook, and even a few originals. Light refreshments will be served. The concert is free, but please call the Village Center at 301-656-2797.



Ragins is probably best known for her work touring with The Moody Blues since 2006. Brengle has played and/or recorded with artists including Ray Charles, Sheena Easton and Rick Braun.

Author/journalist to discuss famous ancestor

A'Lelia Bundles, a descendant of Madam C.I. Walker, the first black female millionaire in the United States, will speak at the Village Center on Thursday, Feb. 9, at 7:30 **p.m.**, about her famous great-great-grandmother whose accomplishments are on display at the Smithsonian's African American Museum of History and Culture. She will also share tips about ways to research ancestors and bring your own family's story to life.

Ms. Bundles will be joined by a docent of the NMAAHC and will bring a few items from her own collection. She invites attendees to bring an item of family memorabilia to share: a photograph, a diploma or a piece of clothing. Using skills she learned as a longtime journalist and as

Continued on page 6, see Bundles

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Village author to speak at the Center

Village resident Kyi May Kaung will discuss her memoir, "A Time to Write: Not Just About Burma," at the

Village Center on Thursday, March 9, at 7:30 p.m.

Dr. Kaung has been described by her colleagues in the Burmese Democracy Movement overseas as "a trained social scientist with the soul of a poet." In her memoir, she writes about what has motivated her to write poetry, short stories, novellas, novels, nonfiction, political commentary, self-help and speculative and historical fiction.

Copies of her book will be for sale; cash or checks only, please. Sign up by calling 301-656-2797.



Friendship Heights **VILLAGE NEWS**

www.friendshipheightsmd.gov Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the March issue is February 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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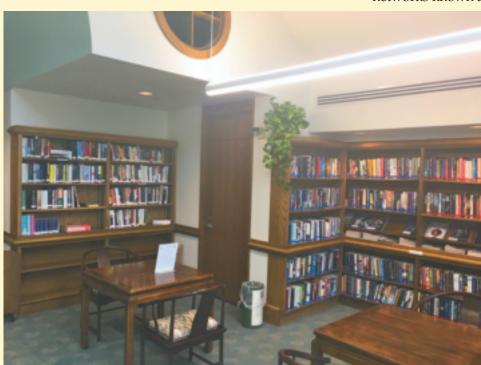
Village Council Update

Please remember Friendship Heights!

Our share of income tax paid by Village residents is still the most significant portion of Village income (funding nearly half the cost of our services). We need to be sure that all income tax revenue due to come into the Village actually gets here. This money, as you can see from the FY2018 Proposed Budget contained in the Council's 2016 Annual Report, goes directly into services benefiting Village residents. Take special care to mark your tax return as shown at right.

Provide feedback to Metro on proposed elimination of express bus route

As reported last month, the Council sent a letter to WMATA opposing the proposed elimination of the Number 37 express bus that runs from Friendship Heights to the National Archives.



One of the new light fixtures in the Village Center reading room. There is also a substantial amount of new space for shelving books, which will include a new childrens' book section.

| WMATA has a formal hearing process that runs |
|---|
| through February 6 at 9 a.m. Up until that time comments |
| and testimony may be submitted online at wmata.com/ |
| budget or can be mailed to the Office of the Secretary, |
| Washington Metropolitan Area Transit Authority, 600 Fifth |
| Street NW, Washington, DC 20001. The website provides |
| an option for you to complete a survey or just submit |
| comments. |

Presentation on Villages concept

At the January 9 Council meeting, Connie Row, President of the Friendship Heights Neighbors Network, and Pazit

| FORM | MARYLAND RESIDENT |
|------------|--------------------------|
| 502 | INCOME TAX RETURN |

| | OR FISCAL YEAR BEGINNING | 2012, E | NDING | | | | |
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| k Ink | Your First Name | Last Name | | | | | |
| or Black | Spouse's First Name Initial | First Name Initial Last Name | | | | | |
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| Using | City or Town | State | ZIP code | | | | |
| Print 1 | Name of county and incorporated city, town or special taxing area in which you resided on the last | Maryland County | City, Town, or Taxing Area | | | | |
| Pri | day of the taxable period. (See Instruction 6) | Montg. | Friendship Hts | | | | |
| | TILLING STATOS | , , | ed on another person's tax return, user r spouse had no income | e Filir | | | |

When you file your Maryland income tax return, please remember to put Friendship Heights under "City, Town or Taxing Area" to ensure the Village receives our share of the state income tax.

Aviv, Montgomery County coordinator of the volunteer networks known as "villages," updated the Council on

their efforts. The Council then agreed to send a letter of support for grant requests that the FHNN has submitted to the County.

Shredding truck returns April 19

A shredding truck will return to the Village on **Wednesday**, **April 19**, **from 5 to 7 p.m.** The truck will park on Friendship Boulevard by the Village Center entrance. Residents are invited to use this free service.

Council to host strategic planning session Feb. 6

At its January 9 meeting, the Council agreed to schedule a public worksession to discuss strategic planning. The meeting has been scheduled for **Monday**, **February 6**, **at 5:30 p.m.** at the Center. The worksession will be open to the public.

Other Council actions at the January 9 meeting:

- Approved three-year proposal from GreenSweep for exterior landscape maintenance; approved proposal from Interior Garden Designs for interior landscape maintenance;
- Approved request from 4620 North Park Avenue to remove tree from their property.

The next Council meeting will be Monday, February 13, at 7:30 p.m. in the Village Center.

Tea and Talk: The greatest financial scandal in history



Sheldon Hochberg

Attorney Sheldon Hochberg will examine "L'affaire Madoff: What Happened, How He Did It, and the Lessons To Be Learned" in a lecture at the Village Center on **Monday, Feb. 13, at 2 p.m.**

Bernie Madoff pulled off the largest Ponzi scheme in history. In his presentation, retired attorney Sheldon Hochberg will provide an understanding of what Madoff did, how he did it, who helped him, and how he managed to keep the fraud hidden from investors and regulators for decades. Mr. Hochberg will also discuss what has been recovered for the tens of thousands of investors who lost money in the fraud.

After almost 50 years practicing administrative law, Mr. Hochberg retired in 2015 from the Washington law firm of Steptoe & Johnson. In 2009, he was involved in advising his firm on potential conflicts of interest in the handling of possible representations arising out of the Madoff collapse. As a result, Mr. Hochberg developed a deep interest in trying to understand what happened with Madoff and why. Please sign up by calling 301-656-2797.

Dr. Michael Gittleson Podiatrist The Barlow Building

5454 Wisconsin Ave. Suite 1250 Chevy Chase, MD 20815 301-986-4900

Medicine/Foot Surgery Early

Early Morning Hours

The Village Book Club will meet on **Tuesday, Feb. 21, at 11 a.m.** The book selection is "The Storied Life of A.J. Fikry" by Gabrielle Zevin. Look for a copy in the Center Reading Room on the shelf marked "Village Book Club Selections."





Philadelphia Flower Show highlights Holland

Join us on **Wednesday, March 15** when we visit the extraordinary Philadelphia Flower Show. The spectacular displays range from elaborate landscapes to individual and private club entries, all inspired by the gardens of the Netherlands. There's a fabulous marketplace with more than 150 vendors, and also free culinary demonstrations and lectures.

Lunch is on your own; you may choose to dine at the show or cross the street to the Reading Terminal Market.

We'll leave the Village Center at 7:30 a.m. and return by 7 p.m.

The cost of the trip, which includes transportation, admission to the show, and all taxes and gratuities, is \$99.

Sign up immediately at the Village Center. Space is limited.

A trip to the Clarksburg outlets

Shop 'til you drop at the brand new outlet center in Clarksburg, MD, on **Thursday, Feb. 23.** The center features 90 high-quality upscale retailers including Armani Exchange, Calvin Klein, Coach, kate spade new york, NIKE Factory Store, Polo Ralph Lauren Factory Store, Saks Fifth Avenue OFF 5TH, Tommy Hilfiger, Tory Burch, and Under Armour. You can choose among five eateries for lunch (on your own).

We will leave the Village Center at 9:45 a.m. and return by 3 p.m. Shoppers will be given a book of savings coupons and have more than three hours to shop. The cost for transportation and driver gratuity is \$30. Please register by Feb. 13. And be sure to dress for the weather; the mall is not covered.

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Maria Capobianco, Au.D. Thomas Winkler, M.D. Leslie Hao, M.D. Candace Thorp, Au.D.

PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

Thursday, Feb. 2, 7 p.m. — *Movie* — *Snowden* — This politically charged, pulse-pounding thriller reveals the incredible untold personal story of Edward Snowden, the polarizing figure who exposed shocking illegal surveillance activities by the NSA and became one of the most wanted men in the world. He is considered a hero by some, and a traitor by others. Stars Joseph Gordon-Levitt and Shailene Woodley. Rated R. Running Time: 134 minutes.

Thursday, Feb. 9, — No movie — A'Lelia Bundles, 7:30 p.m. — see pg. 2.

Thursday, Feb. 16, 7 p.m. — Movie — Southside with You — Inspired by Barack and Michelle Obama's first date, "Southside with You" recounts the eventful summer day in 1989 when a young law firm associate named Barack Obama (Parker Sawyers) tried to woo lawyer Michelle Robinson (Tika Sumpter) during a daylong date that took them from the Art Institute of Chicago to a screening of Spike Lee's "Do the Right Thing" to the site of their first kiss outside of an ice cream parlor. Rated PG-13. Running Time: 84 minutes.

Bundles, continued from page 2

her family's biographer, she will share tips about ways to research ancestors.

Ms. Bundles was a network television news executive and producer for thirty years at NBC News and then at ABC News, where she was Washington deputy bureau chief. She is the author of "On Her Own Ground: The Life and Times of Madam C.J. Walker" and is at work on her fourth book, "The Joy Goddess of Harlem: A'Lelia Walker and the Harlem Renaissance," a biography of her greatgrandmother. Please sign up by calling 301-656-2797.

A Note from the Program Directors

As a courtesy to our speakers, authors and performers—

- Turn off cell phones
- Do not take food or drink into the auditorium
- · Arrive on time for all events
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.

Thursday, Feb. 23, 7 p.m. — Movie — The Dressmaker — A glamorous woman returns to her small town in rural Australia. With her sewing machine and haute couture style, she transforms the women and exacts sweet revenge on those who did her wrong. Stars Kate Winslet, Liam Hemsworth and Judy Davis. Rated R. Running Time: 119 minutes.







This month in the Friendship Gallery



"Legacy: The 2017 African American Exhibit at Friendship Gallery" will feature 20 artists of varying media including sculpture, printmaking, photography and textiles. This group includes established as well as emerging artists from the area. Printmaker Percy Martin, sculptors Bill Harris and John Beckley, painters Aziza Claudia Gibson-Hunter and Jane Lepscky

Homage to Nina by Llewellyn Berry

known artists who will be exhibiting their works. All are invited to meet the artists at a reception on **Sunday, Feb. 12, from 11:30 a.m. to 1:30 p.m.**

The exhibit runs from Feb. 6 to March 4. Exhibit hours

are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.

Art camp set for June 26–30

Our annual children's summer art camp, run by curator Millie Shott, will take place **Monday, June 26 through Friday, June 30, from 9:30 a.m. to 1 p.m.** daily at the Friendship Heights Village Center. Campers ages 6 through 12 complete a variety of fine arts projects during the week, including painting, origami, chinese brush, pastels, pottery, photography and jewelry. Children must have completed kindergarten to qualify. The cost is \$250 per child. A special price of \$225 per child is available until March 1. Sign up at the Village Center. For information, call the Village Center at 301-656-2797.



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Friendship Heights Village Center



Calendar of Events 2017

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|--|--|---|
| Fashion beautiful bo Jahee Oh offers a thr from 9:30 a.m. to 1 The fee for the three materials and tools a | -hour workshop is \$20 are included. Sign up a per of students is 6; ma | rt of origami when Saturday, Feb. 4, per person, t the Village Center. | 1 10:15 a.m.: Yiddish 12 p.m.: Chess group | 8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Snowden | 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting 7-8 p.m.: PEAR concert | 8:15 a.m.: Walking Club 9:30 a.m.: Origami Workshop 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography |
| 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers | 10 a.m.: Great Books 12:30 p.m.: Bridge Club 5:30 p.m.: Village Council Worksession on Strategic Planning | 8:15 a.m.: Walking Club 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea 7 p.m.: Pilates | 8 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Suburban Lecture: A Better Body at Any Age 7:30 p.m.: Concert: Mari Beth Gowen Trio | 9 8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 6:45 p.m.: Acrylic or Oil 7:30 p.m.: A'Lelia Bundles: History and Heritage | 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting | 8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography |
| 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception | 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2 p.m.: Tea and Talk: "I'Affaire Madoff" 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING | 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m. Speech Therapy and Support Group 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates | 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 2 p.m.: Insomnia and Aging | 8:15 a.m.: Walking Club 11 a.m. – 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 12:30 p.m.: Vision Support Lunch and Learn 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Southside with You | 9:15 a.m.: Drop- in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting | 8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography |
| 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers | President's Day Center Open 9 a.m 2 p.m. 10 a.m.: Great Books Shuttle bus runs on a weekend schedule | 8:15 a.m.: Walking Club 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates | 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 7:30 p.m.: Concert: Eric Byrd | 8:15 a.m.: Walking Club 9:30 a.m.: Dance for Health 9:45 a.m.: Depart for the outlets 11 a.m 4 p.m.: Village Playtime 11 a.m.: Still Life Painting 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: The Dressmaker | 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Balance, Movement and Memory 1 p.m.: Abstract Painting | 8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography |
| 9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers | 27 10 a.m.— 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya | 28 8:15 a.m.: Walking Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Nurse Specialist | A big thank you | ou generous to all the Village residents | who donated 458 pounds | |

Village Center Hours

Hollywood" 7 p.m.: Café Muse

Concert: "Hooray for

9 a.m. to 9 p.m. Monday through Thursday Friday 9 a.m. to 5 p.m. Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Shuttle bus hours



2 – 4 p.m.: Nurse Specialist

3-4 p.m.: Tea

7 p.m.: Pilates

Monday through Friday Saturday and Sunday

6:40 a.m. to 9:40 p.m. 8 a.m. to 7 p.m.

Friendship Heights Neighbors Network (FHNN) — February 2017 EVENTS

Feb. 1, 3-4:30 p.m.: Tea, cookies, and sunset—Meet up to make more Friendship Heights friends at the home of a Friendship Heights resident. RSVP to diannewolman@yahoo.com.

boxed food to county families in need. The food was delivered to Manna Food Center

month and 2,500 "Smart Sacks" to elementary school children each week last year.

in Gaithersburg just before Christmas. Manna provided food for 3,760 households each

Feb. 8, Noon, Friendship Heights Village Center: Learn to play chess with your neighbors or improve your tactics — Beginners and seasoned players may bring a chess set or come without one. Class leaders: Lee Ohringer and Norm Schiff.

Feb. 13, 5 - 6 p.m., The Elizabeth Party Room: The Beacon Hill Villages and the Village to Village Network will celebrate 15 years of the Village to Village Movement. By live webinar, Dr. Atul Gawande, internationally recognized surgeon-author, will speak on how community living offers opportunities as we grow older.

Feb. 23, 10:30 a.m. - Noon, 4701 Willard, Club Room: Learn how to move with greater ease and efficiency. Try a gentle "Feldenkrais" session led by Seth Dellinger. For all fitness levels. Wear comfortable clothing. Feb. 27, 6:30 p.m., The Elizabeth Party Room: Travel back 40 years with James Jones, (The Elizabeth) for a slide show about his research on San Ignacio de Moxos, "The Spiritual Capital of the Jesuit Missions (1689)" in the depths of the Bolivian Amazon.

Inclement weather? Consider using the FH Shuttle. For more information, connect with czjones28@gmail.com.

CLASSES AND CLUBS

PLEASE SIGN UP <u>AT LEAST</u> 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.

ART

ABSTRACT PAINTING

A 10-week course taught by Joan Samworth. Fridays, 1 to 4 p.m., Feb. 3 – April 7. Bring your existing materials and paper or canvas to first class. For those who have previously taken this class; others may call Joan at 301-346-7238 to discuss. Maximum number is 10. The cost is \$185 for residents; \$200 for nonresidents.

BASIC PHOTOGRAPHY

An 8-week course in black and white and color photography for adults, taught by Llewellyn Berry, Saturdays from 10:30 a.m. to 1:30 p.m., Feb. 25 – April 15 (Note the change in start and end dates), \$120. The class is open to new students as well as those from previous sessions. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. See examples of Lew's students' works at http://www.artmajeur.com/ kindalewcollective.

BASIC PHOTOGRAPHY FOR CHILDREN

A 6-week course in black and white and color photography, taught by Llewellyn Berry, Saturdays from 9:30 to 10:30 a.m., Feb. 4 – March 18, \$50. The class is open to youngsters 10 years old and older. Students will become skilled at using their cameras, understand how to see and use available light, and, learn about

composition and subject selection. Students must have a digital camera and a flash drive.

ORIGAMI WORKSHOP FOR ADULTS

A one-time class on Saturday, Feb. 4, 9:30 a.m. to 12:30 p.m. \$20, materials included. Taught by Jahee Oh, minimum of 6, maximum of 10. Sign up by Feb. 2.

EXERCISE AND DANCE

BALANCE AND COORDINATION

A 6-week class, Tuesdays, 1 to 1:50 p.m., Feb. 7 – March 14. The class will focus on simple exercises that improve overall balance. \$65 for residents; \$70 for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m., Feb. 3 – March 10. Exercises are designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. \$65 for residents; \$70 for nonresidents.

CHAIR EXERCISE

A 6-week class, Wednesdays, from 11 to 11:50 a.m., Feb. 8 – March 15. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$65 for residents; \$70 for nonresidents.

DANCE FOR HEALTH

A 6-week class, Thursdays, 9:30 to 10:30 a.m.; Feb. 23 – March 30, taught by Rima Faber. Low-impact aerobics, stretching and strengthening to music, fostering oxygenation of the brain, and promoting better balance. The class will incorporate some elements of ballet and healthy movement practices for alignment, range of movement, and moving with ease. Minimum of 10. \$65 for residents; \$70 for nonresidents.

DC TAI CHI NEW!

A 6-week class, Mondays, 9:15-10:15 a.m., Mar. 6 — Apr. 10. Taught by internationally recognized Master Nick Gracenin. Will introduce the essentials of traditional Tai Chi and Qigong and improve balance, circulation, strength and relaxation. Beginners welcome; maximum number is 20. \$65 for residents; \$70 for nonresidents. Visit www.dctaichi.com for more information.

MAT PILATES

A 6-week session, Tuesdays from 7 to 8 p.m., March 21 – April 25. Pilates movements tone the body from "the inside out" bringing about corestrength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents and \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel.

STRENGTH TRAINING

A 6-week class, Mondays, 1 to 1:50 p.m., Feb. 13 – March 27. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$65 for residents; \$70 for nonresidents. Class will not meet Feb. 20.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for details.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets every Friday from 10:30 a.m. to noon. Led by group members.

DROP-IN TAI CHI

Student-led sessions Fridays from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS DISCUSSION

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

County residents looking for help in understanding Medicare can call the local State Health Insurance Program (SHIP) at its new home and new number, 301-255-4250. The free service provides Medicare beneficiaries of any age unbiased information about their health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia, who need help with communication. Meets the second Tuesday of the month from 2 to 3 p.m.

TEA

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers.

VILLAGE BOOK CLUB

The book club meets one Tuesday

morning a month to discuss books chosen by the group. Dates and book titles are announced in the newsletter. New members are welcome anytime.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome for bridge; cards will be supplied.

VILLAGE PLAY TIME

Games, toys and play equipment are set out in the auditorium at the Village Center most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caregiver over age 13.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets one Thursday a month at 12:30 p.m. for lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information. See page 13.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for details.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for details.

Tai Chi returns to the Center!

Research has shown that Tai Chi (Taijiquan) can improve balance, circulation, bone density, relaxation, and coordination. The practice of Tai Chi is recommended by the Arthritis Foundation and AARP.

Master Nick Gracenin, one of the foremost teachers in the country, will teach a class beginning in March at the Village Center. His credentials are extensive, and he has a wealth of experience working with the senior population and in the medical community. "After 43 years of teaching martial arts, 37 of these including Taijiquan, I have been privileged time and again to witness personal transformation when my students overcome physical, psychological and emotional barriers

to health and well-being. Those are the times I most love being a teacher," Nick said. Because his repertoire is so deep, he tailors each class to its participants, creating an experience that is both personal and results-oriented. For more information visit www.dctaichi.com and look for a class description on previous page under DC Tai Chi.

During the months of January, February and March, concerts are held on the second and fourth Wednesday of the month from 7:30 to 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

Friday, Feb. 3 — Special Evening Concert with PEAR, see page 1.

Wednesday, Feb. 8 — *MariBeth Gowen Trio* — Pianist Maribeth Gowen has performed with the Baltimore Symphony, the National Philharmonic, in numerous venues in the U.S. and abroad, including Picollo Spoletto in Charleston, The Barns at Wolf Trap, the Baltimore Museum of Art and Topkapi Palace in Istanbul. She is joined by violist George Ohlson and clarinetist Cheryl Hill.

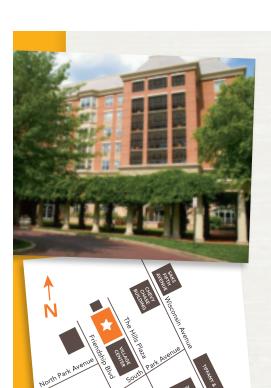
Wednesday, Feb. 22 — *Eric Byrd Black History Month Program*— Pianist/vocalist Eric Byrd has been playing professionally for over 20 years. Along with the principles of swing and bebop, rousing gospel-tinged chords and thrilling blues lines are fundamental elements of his

performance style. Byrd has performed with Wynton Marsalis, Mike Stern, Keter Betts, Paul Carr, Charlie Byrd and Ernie Andrews, just to name a few.

Tea and concert: Hooray for Hollywood!

Join us the day after the Academy Awards for a concert with pianist Mark Hanak on **Monday, Feb. 27, at 2 p.m.,** when he plays Oscarwinning songs from past films. We guarantee you'll be singing along! Afterward, please stay for tea. RSVP 301-656-2797.





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TO YOUR HEALTH

Vision Support Group: Become scam savvy and protect yourself

Did you know that scams have become so prevalent that they are now considered "the crime of the 21st century"? Join Sharon Payne, Vision Rehabilitation Teacher and Certified Low Vision Therapist (CLVT), at the Vision Support Lunch and Learn at the Village Center on **Thursday**, **Feb. 16**, **from 12:30 to 1:30 p.m.** and learn tips and techniques to protect

yourself and your possessions. The Vision Support Group is a partnership of the Village of Friendship Heights and Prevention of Blindness Society of Metropolitan Washington (www.youreyes.com). You don't have to have poor sight to participate, but you do need to register in order to reserve a complimentary light lunch by calling 301-656-2797.

A better body at any age

Exercise physiologist Jeanmarie Gallagher from Suburban Hospital's Cardiac Rehabilitation Department will share strategies for older adults to become and stay active, regardless of their physical limitations, at this month's Suburban lecture at the Village Center on **Wednesday**, **Feb. 8**, **at 1 p.m.**

The talk is free, but please call 301-656-2797 if you plan to attend.

Treating sleep disorders

Helene A. Emsellem, MD, a nationally known sleep expert, will speak at the Village Center on **Wednesday**, **Feb. 15, at 2 p.m.**, on insomnia and aging. In 1995, Dr. Emsellem established The Center for Sleep & Wake Disorders of Chevy Chase which has grown into a full service, 11-bed sleep disorders center. She has appeared on various radio and television shows, has been quoted in and authored many articles, and has been the principal investigator in numerous national studies of investigational agents for the treatment of sleep disorders.

Please call 301-656-2797 to let us know if you plan to attend.

Our Listings in the Friendship Heights Community

FOR SALE

5610 Wisconsin Ave. #607 \$2,599,000: 2 BR + Den, 2.5 BA, Updated, 2 Balconies; 2,856 SqFt

5610 Wisconsin Ave. #407 \$2,525,000: 2 BR + Den, 2.5 BA, 2 Balconies; 2,856 SqFt

5600 Wisconsin Ave. #1402 \$1,495,000: 2 BR + Den, 2.5 BA, Balcony; 1,952 SqFt

5600 Wisconsin Ave. #1401 \$1,025,000: 2 BR, 2.5 BA, Balcony; 1,593 SqFt

4301 Military Rd. NW. #104 \$975,000: 2 BR, 2 BA, Private Terrace; 1,320 SqFt

FOR RENT

5610 Wisconsin Ave. #1102 \$6,500/mo: 2 BR, 2.5 BA, Renovated, Vista Views, Balcony; 2,503 SqFt

5600 Wisconsin Ave. #204 \$2,950/mo: 1 BR, 1.5 BA, Balcony; 1,141 SqFt





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Café Muse presents...

This month's Café Muse, on **Monday, Feb. 27,** will feature poet-translator Alana Marie Levinson-LaBrosse and poet Katherine E. Young.

Alana Marie Levinson-LaBrosse will be reading from "Handful of Salt," the first full-length translation of Iraqi Kurdistan's celebrated poet Kajal Ahmad into English. This book explores the curses and blessings of womanhood in a beloved yet broken homeland. Translator Alana Marie Levinson-LaBrosse worked closely with the author and two young Kurdish women she met at the American University of Iraq, Sulaimani, where she taught for four years as founder and chair of the English department. She is currently a Non-Residential Fellow at AUIS' Institute for Regional and International Studies and a PhD candidate at the University of Exeter's Centre for Kurdish Studies.

Katherine E. Young is the author of "Day of the Border Guards," a 2014 Miller Williams Arkansas Poetry Prize finalist, and two chapbooks. Her poems have appeared in "Prairie Schooner," "The Iowa Review," "Subtropics," and many other publications. Young is also the translator of "Two Poems" by Inna Kabysh. Her translations of Russian and Russophone authors have won prizes in international competitions and have been published widely in the U.S. and abroad; several have been made into short films. Ms. Young is a 2017 National Endowment for the Arts

translation fellow and currently serves as the inaugural poet laureate for Arlington, Va.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:30. Café Muse is presented by the Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 35 years. For more information visit www.wordworksdc.

Coming up on March 20: poets Annie Kim and Ross White

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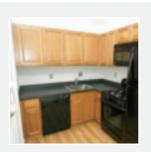


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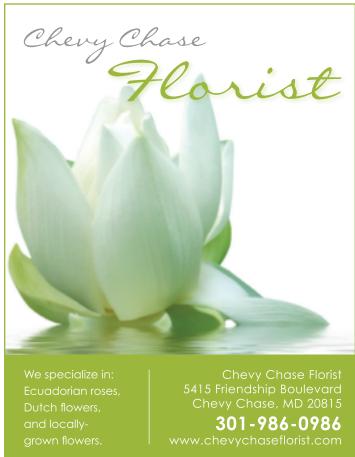
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February 2017 events calendar